



City of Memphis Nicotine Cessation Programs

There are several ways to get your Nicotine surcharges of \$120 a month stopped! To stop the surcharge and receive a refund of charges paid for 2016 you must enroll in one of the programs identified below by July 31, 2016 and complete the program by September 30, 2016. If you enroll in one of the cessation programs after July 31, 2016, upon completion of the program you can request future surcharges be stopped. **Reimbursements will be distributed in October 2016!**

Cigna Health Insurance:

Cigna Quit Today tobacco cessation program Call 1.855.246.1873	www.myCigna.com and select “My Health Programs & Resources” in the “Manage My Health” link
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American Lung Association:

Freedom from Smoking Program	(Online 24/7) Call 1.800.548.8252
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American Cancer Society:

Quit For Life	(telephonic 24/7) 1.800.227.2345
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If are being charged for using Nicotine and you’ve never used Nicotine the steps below will get the surcharge removed (no refunds for prior surcharges will be refunded):

Complete Nicotine Usage/Non-Usage Statement	Log into www.myCigna.com and complete Health Risk Assessment and Biometric Screening
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